



February is Heart Health Month! Make Sure the Beat Goes On!

Heart Disease is the number one killer of both men and women in Michigan, and the United States! The number of deaths in the U.S. from heart attacks alone, exceeds the number of deaths that would occur if two fully occupied 747 aircraft crashed every day of the year with no survivors.¹ Yet, many people, especially women, do not realize the risk of this happening to them, or one of their loved ones. One of the campaigns to raise awareness is the American Heart Association's campaign, **"Go Red for Women"**. The movement is focused on everyone knowing the heart attack warning signs, living a healthy lifestyle and getting regular healthcare visits.

Many people, even clinicians, do not always realize that women may not experience the same heart attack symptoms as men. In women, heart attacks can be subtle and come on slowly, without much pain. The individual often doesn't know what's wrong. Since the symptoms aren't dramatic, the woman may think they aren't significant and delays seeking immediate health care. Even when women do seek health care, this atypical presentation may lead clinicians to an incorrect diagnosis and delay the immediate treatment they need.² This contributes to a higher death rate in women. People are often surprised to know that more women die of heart disease than men!

Women need to be aware of their risk and take care of their hearts. One way this is promoted is through the nationwide, **"Go Red For Women"** movement of the American Heart Association. **"Go Red For Women"** empowers women with the knowledge and tools they need to take positive action to reduce their risks of heart disease and stroke to protect their health. For more information: **Please visit www.goredforwomen.org or call 1-888-MY-Heart for more information about "Go Red For Women."**

Remember, the most effective treatment for heart disease is prevention!

¹U.S. Dept. of HHS. *A Public Health Action Plan to Prevent Heart Disease and Stroke*, Atlanta, GA: US Dept. of HHS, CDC; 2003

²<http://www.mescape.com/viewarticle/504598> (Progress in Cardiovascular Nursing, "What's Wrong with Me? Women's Coronary Heart Disease Diagnostic Experiences")





**Join Michigan Department of Community Health
and the American Heart Association
to promote heart health during the month of February**



- ♥ February 2, 2007 is **“Wear Red Day.”** Join in and wear something red to help raise awareness of the #1 killer of American Women.
- ♥ Attend the brown bag luncheon, featuring an update on Feb. 9 from 12-1 pm in the first floor conference room of the Capitol View Building.
- ♥ Stop by the lobby of the Washington Square Building on February 2, 2007, to see the Lucite red dress on display, and pick up some of the educational materials.
- ♥ Eat a Heart Healthy lunch at one of the downtown cafes.
- ♥ Make yourself and your family light and healthy meals, you can get ideas from <http://www.cooking/> and can also find out how to calculate your Body Mass Index (BMI) and find other healthy activities on this website.

Six Key Steps to Reduce Heart Attack Risk

- Stop smoking
- Lower high blood pressure
- Reduce high blood cholesterol
- Aim for a healthy weight
- Be physically active each day
- Manage diabetes

What should you do if you have symptoms of a heart attack? **Don't Wait Until It's Too Late! Call 9-1-1** even if you aren't sure if you are having a heart attack. This is a matter of life or death! Do not wait even 5 minutes. Not wanting to be embarrassed or cause false alarm can be a **fatal mistake!** Even if you aren't sure if you are having a heart attack, **call 9-1-1** immediately if you have any of the symptoms below.

Know the Heart Attack Warning Signs:

- Pain or discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. It might feel like an uncomfortable pressure, squeezing, fullness or pain.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.
- Other symptoms, such as shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.
- Women more than men, are more likely to experience shortness of breath, nausea/vomiting, flu-like symptoms, fatigue, and back pain or pain radiating to jaw, left arm, or shoulder.

Visit the following websites to learn more:

Michigan Department of Community Health, Cardiovascular Health
<http://www.michigan.gov/cvh>
MDCH Programs, reports, and data related to heart disease and stroke

American Heart Association
<http://www.heart.org/>

National Heart, Lung, and Blood Institute
<http://www.nhlbi.nih.gov/>

Go Red for Women Movement of the American Heart Association
www.goredforwomen.org

Michigan Steps Up
<http://www.michigan.gov/surgeongeneral>

If you would like AHA “Go Red For Women” materials for your worksite, please fill out the form that follows as soon as possible, to allow time for handling:



GO RED FOR WOMEN MATERIALS

We are pleased to send free materials for you to use. We hope suggested quantities are sufficient; please let us know if you have a special need for larger quantities. Place a check beside the materials you are requesting.

___ **Red Dress Pins** (50 per pack; limit 1 pack)

___ **Go Red Movement Registration Card** – each woman who joins the movement will receive a red dress pin in the mail in addition to heart healthy lifestyle tips (100 per pack; limit 2 packs)

___ **Go Red Screening Card** (50 per pack; limit 4 packs)

___ **Red Dress window cling** to show your support for the Go Red for Women movement (limit 1)

___ **Go Red for Women table tents** with heart healthy messages for your counter or tables. (limit 5)

Name _____

Organization/Business _____

Address _____
(no P.O. boxes, please)

City _____ State _____ Zip code _____

Phone (_____) _____

E-mail address _____

Brief description of your **Go Red for Women** plans including dates, if applicable:

Please return form to:

Stephanie Cutcher

American Heart Association, Grand Rapids, MI

Phone: 616-285-1888

E-mail: Stephanie.cutcher@heart.org

Fax: 616-285-1895

Questions? Contact Sarah Poole at 616-285-1888 or at sarah.poole@heart.org